#157
March 2026

The CRAZY WISDOM Monthly

Stacey Sheldon

and the Revitalization of Anishinaabemowin

Find the story on Page 12

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THE CRAZY WISDOM SALON SERIES

Sage Women of Ann Arbor

in conversation with Bill Zirinsky

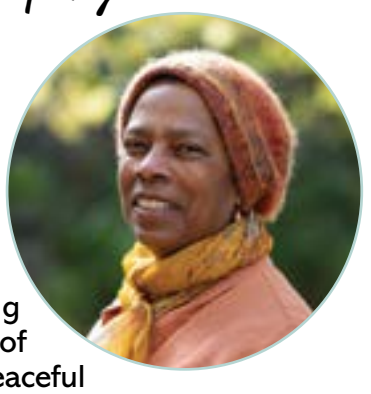
An Evening with Mary Anne Perrone

March 25th at 7:00 p.m.

Mary Anne Perrone is a Spiritual Guide who gently works with individuals exploring their spiritual lives. "We can all use a soul friend, someone who is willing to go there with us." She has been deeply engaged in social justice activism related to Latin America, and works to support immigrants in the U.S. She spent the earlier years of her exceptional career as an educator, particularly involved in Special Education. She is also a devoted mother and grandmother.

An Evening with Wasentha Young

April 15th at 7:00 p.m



Wasentha Young has been a practitioner and teacher of Tai Chi for more than 50 years, and she also teaches Qigong and Meditation. She started Ann Arbor's Peaceful Dragon School in 1990 and was a founding board member of the Association of Women Martial Arts Instructors. Peaceful Dragon offers programs in the martial arts, but also in meditation, acupressure, and the healing arts. She is also an accomplished mosaic artist and poet, and she has a master's degree in Transpersonal Psychology.

An Evening with Haju Sunim

April 22 at 7:00 p.m.

Rev. Haju Sunim has been the Resident Priest at the local Zen Buddhist Temple for decades. She was ordained as a Dharma teacher in 1984, and as a Buddhist priest in 1993. She hails from Vancouver, British Columbia. Haju Sunim will talk about the Zen path, the evolution of the Zen Temple over the last 40+ years, and her own life's journey.

All salons take place at the Crazy Wisdom Celestial Lounge and are FREE to attend. For more information, contact Bill at: billz@crazywisdom.net.

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Cover photo by Edda Pacifico.

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Carol Karr
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news announcements, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

Bosky

A place thick with trees, where the air smells of bark and rain, and green stretches in every direction.

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On the Cover

Janessa Esquible, Stacey Sheldon, and Selena Smith members of Asiginaak-Negamojig (Blackbird Singers). Photo taken by Edda Pacifico.

Pick up the winter issue of The Journal now!

The Crazy Wisdom Community Journal

Features

issue 91

• The Schvitz • Stacie Sheldon • Ann Arbor's Zen Buddhist Temple • Family Grimoires • hear.say brewing ..and more!

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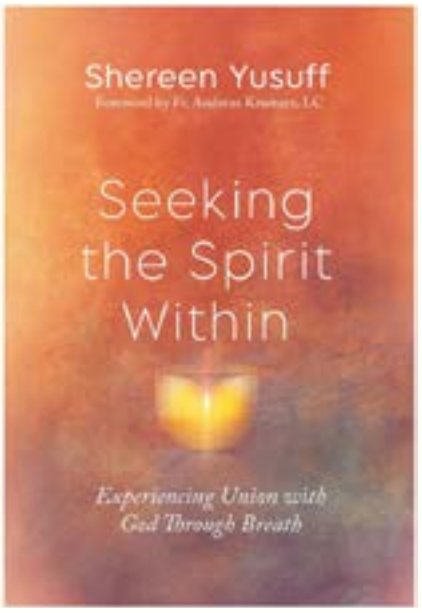
CW Book Picks *of the month*



Discover the power of breathing to draw closer to God. This step-by-step guide offers healing for your body and soul—and it all begins with your next breath.

Each breath is an invitation and an opportunity to rediscover we are meant for more than mere survival: we are meant to be alive. When God filled us with His own breath, He chose our lungs to hold us together as body and soul, creatures who are miraculously the very dwelling place of the Holy Spirit. And yet we often live divided, disconnected from ourselves, our bodies, and God's presence within us. But there is another way.

In Seeking the Spirit Within, Shereen Yusuff, a certified breath and movement coach and Benedictine oblate, offers exercises that teach readers anew to pay attention, breathe, and pray. She demonstrates that it's impossible to care for the body without caring for the soul and that the deepest source of our healing is Christ in us.

Each chapter of the book carefully guides readers in a practice of spiritual reflections inspired by Scripture, breathing and attention exercises, and reflection questions. With Yusuff's guidance, readers will

• understand the scientific and spiritual reasons why intentional breathing is both physically and spiritually healing
• practice self-examination
• grow comfortable with discomfort
• learn to rest more deeply
• connect with God's infinite love

Seeking the Spirit Within is for any reader yearning for intimacy with God and a seamless integration of physical and spiritual wellness.

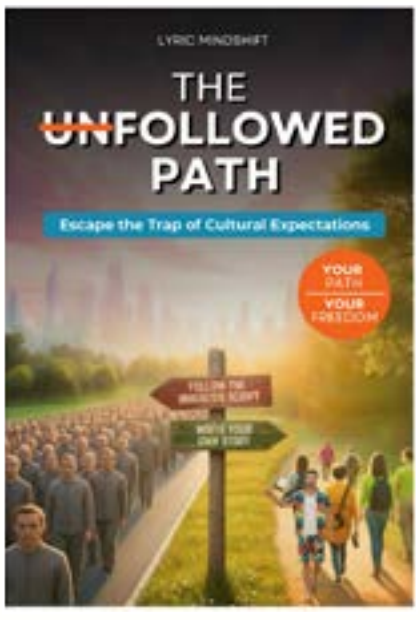
Making something beautiful in a broken world can be harrowing work, and it can't be done alone.

Over the last twenty years, Andrew Peterson has performed thousands of concerts, published four novels, released ten albums, taught college and seminary classes on writing, founded a nonprofit ministry for Christians in the arts, and executive-produced a film—all in a belief that God calls us to proclaim the gospel and the coming kingdom using whatever gifts are at our disposal. He's stumbled along the way, made mistake after mistake, and yet has continually encountered the grace of God through an encouraging family, a Christ-centered community of artists in the church, and the power of truth, beauty, and goodness in Scripture and the arts.

While there are many books about writing, none deal first-hand with the intersection of songwriting, storytelling, and vocation, along with nuts-and-bolts exploration of the great mystery of creativity. In Adorning the Dark, Andrew describes six principles for the writing life:

- serving the work
- serving the audience
- selectivity
- discernment
- discipline
- and community

Through stories from his own journey, Andrew shows how these principles are not merely helpful for writers and artists, but for anyone interested in imitating the way the Creator interacts with his creation.



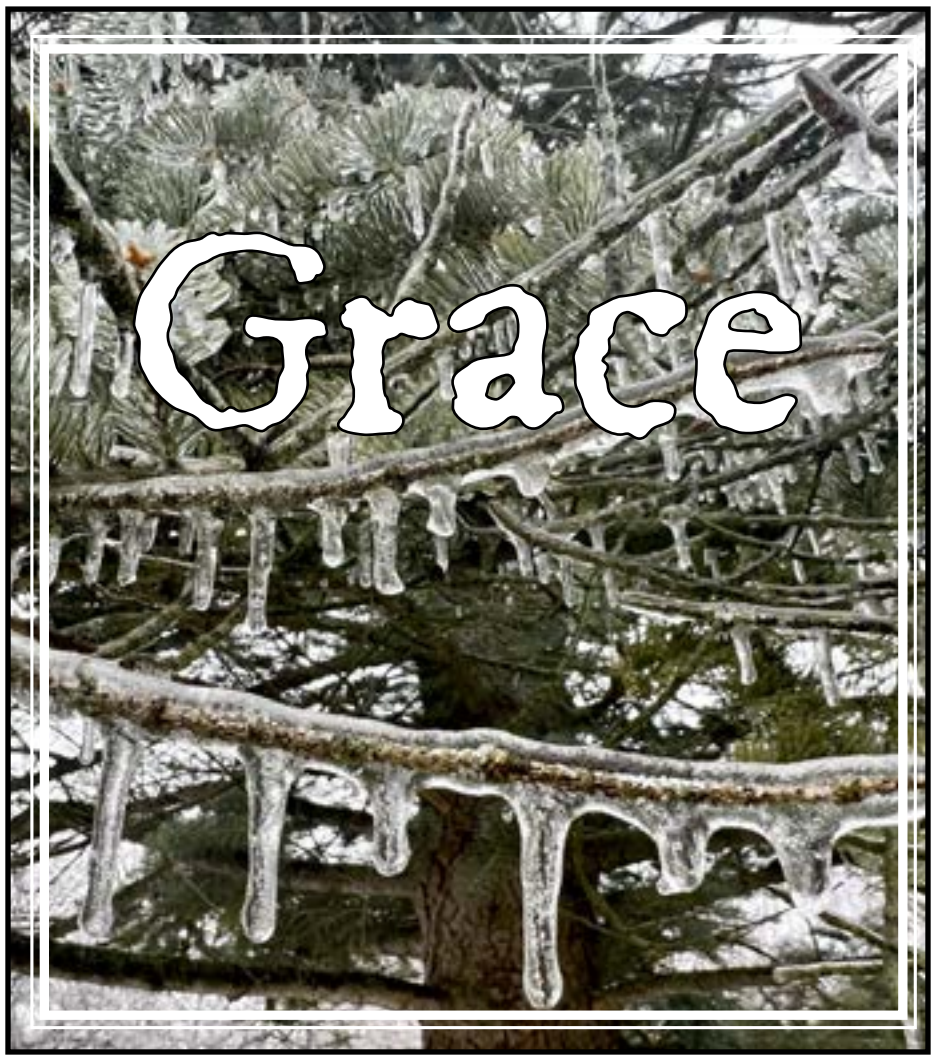
A Quiet Revolution of Truth — The Permission You've Been Waiting For

Tired of performing just to belong? Drained by the pressure to be liked, understood, or impressive? Ready to stop shrinking and start living — with clarity, conviction, and unapologetic truth? This is the moment to step off the stage of expectations and walk into a life that feels authentically yours.

The Unfollowed Path is your next chapter. Not louder. Not safer. Truer. This isn't a guide to rebellion—it's a return. A return to the self you buried beneath approval, expectation, and noise. Whether you're stuck in roles you didn't choose, exhausted by emotional editing, or ready to break free from cultural conditioning, this book offers what conformity won't: authenticity, emotional sovereignty, and quiet power.

This book doesn't just help you walk differently. It helps you walk home—to yourself. If you're ready to stop performing, escape inherited scripts, and live aligned, The Unfollowed Path offers the clarity to reclaim your truth, your boundaries, and your legacy.

You don't need more approval. You need alignment.



Essay and Photo By Katherine Munter

"Give yourself grace, my friend. For yourself, grace."

—Britney Longarzo

Several years ago, just before winter finally gave way to spring, freezing rain fell and encapsulated our world. Foliage became sealed in a transparent icy shell, as though captured in time. Tiny icicles descended and became prisms, bending and reflecting the sun's touch. The entire yard sparkled, magically transformed into an ethereal wonderland.

While delicate and beautiful, ice is powerful and merciless. Trees bent under the increasing weight, resembling our own huddled bodies as we snuggled under quilts. We gasped at the sound of wood groaning and splitting, and we watched a large branch fall to the frozen ground below. Tiny twigs snapped and tumbled toward the arms of their mother branch, scattering ice across the yard. Raising our gaze to the top of a giant cherry, we studied the space where the large branch let go, looking for other branches that might follow.

"Do you think Giant Jack will topple?" My older daughter looked up at me, deep concern in her eyes while sadness quivered her lower lip. "What can we do?" my youngest asked.

I asked them to consider moments where they felt strong. I felt a quiver under my right arm, a heaviness that grew and bent my older daughter further into my side. As I touched her hair, she raised her eyes to me as tears traced a line down her cheek.

She recalled a moment when she had wanted to be strong, to stand up to a child who teased and excluded her from play. She tried to convince her peer that everyone should be welcome. Her words had fallen to the ground, and the child had sneered and walked away.

"I'm not strong in myself. I don't think I have enough strength to hold up Giant Jack if I can't even hold up myself," her voice cracked, the weight of her emotions bending her head back down.

Before I could respond, a quilt was thrown back. "I'll protect us all! I'll stand guard forever!" my youngest stated, beginning to pace back and forth. Seeing a smile spreading on her older sister's lips, she started to wave her arms wildly, fighting off invisible foes.

My oldest's body trembled more violently as tears dried and laughter bounced through the room. The girls pretended to push back the freezing rain, protecting Giant Jack with their love and warmth.

My oldest named the tree Giant Jack. In my head, I call it Two Sisters, as the tree was once two that grew together, creating a wide, strong base. When the rain stopped and the sun returned, melting the ice, Two Sisters still stood, raising her remaining branches up to the sky.

Recently, as moonlight shone through the branches of that large cherry tree, I was the one who slipped on an icy patch and fell to the ground. My voice cried out to the night sky as my body twisted and strained. Stretching my limbs, I thought I'd come away unscathed, and I slowly made my way into the house.

The next day, my knee was swollen and tender. Telling myself I was fine, I tried to push through it. The injury grew progressively worse, and I was forced to reach out for medical support. Through this process, my negative self-talk came into sharp focus. I would never push others as hard, or tear them down, as I do to myself.

In this time, when my self-esteem had fragmented and scattered across the ground, a dear friend reminded me to offer myself gentleness and grace. When light shines through ice, it can create rainbows. My friend's gentle words warmed me and allowed me to see a reflection of myself that was untainted by my self-frustration.

We are all works in progress. Today I'm grateful for the beautiful light and warmth of friendship. I'm grateful for the healing power of laughter and connection, and I'm grateful for a body and spirit that are working hard to stand back up after a fall.

Where can you offer yourself grace today?

Katherine Munter, clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. Learn more at www.CreativeLifeTherapy.com.

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By Irena Nagler

Lilith, Adam's legendary first wife, is sometimes associated with snakes, even identified with the serpent who tempted Eve, having disguised herself after her banishment from Eden. In contemporary myth resurrecting a Goddess or multiple goddesses, she becomes a force encouraging the shedding of restrictive social/mental skins and reclamation of power and passion. St. Patrick's Day, March 17, is recast as "All Snakes Day" to affirm a paganism based in oneness with the living system, welcoming snakes into the circle.

Serpents are strong presences in most, if not all mythic and religious systems. They have androgynous symbolism, echoing the fluid nature of human sexuality, gender, and consciousness. Much of what's contended about currently is cultural, not biological. But when a culture (as most cultures do) has adopted restrictive beliefs based on misunderstanding of what I call the bodysoul, which has its own powers, and allowed only certain traits, relationships, or activities based on XX or XY origin, serpents sometimes embody what's hated or feared. In Western culture that has meant a fear of the female, of women. Mary, in contrast to Lilith, embodies the "pure" woman who rises above an imagined and feared dark welter of female power.

In some Christian communities, notably in the American South, a tradition of snake-handling expresses this dynamic in a visceral manner. Both men and women gather to sing and shout themselves into an entranced and open state, then take up handfuls of venomous snakes, seen as Devil incarnate. The capacity to handle them and even to survive snakebite is felt as a gift from God and a sign of salvation. The ecstasy, even from the delirium of snakebite, is transcendent, even when springing from a dualistic mindset; the worshipers' consciousness spills over into a unity of flow described as melting, a deliquescent merge.

In many other cultures, snakes are respected and celebrated and a certain amount of healthy fear acknowledged. In India, the feast of Nag Panchami honors snakes on the fifth day of the July/August moon cycle. Human chakra systems—adapted to creatures distinguished by an upright stance, with an up/down orientation—are characterized as a serpent asleep at the base of the spine, a fire-coil that ideally matures to rise and culminate in a cobra-head flare above the crown of the head.

From age seven to nine, I lived in Ibadan, Nigeria, where my father was teaching at a technical college. Wariness of serpents was ingrained in everyone: black mamba, green mamba, cobras. A long, lime-green, sleeping snake was draped on our stair landing one afternoon. And there was the performing snake charmer with a clutch of cobras. (I don't know if that is legal now.)
One afternoon at a neighborhood birthday party, a lot of little girls were sent on a scavenger hunt. One item on it was "a letter in another language," i.e. other than the English spoken in this former British colony. I knew my mother would have lots of those, so I raced eagerly to our driveway and hurtled down its slope. I vaguely noticed a crowd of adults gathered at the house, and heard them yelling at me, but my focus was entirely on the scavenger hunt. I ran and leaped and skipped and skidded to a halt at the house. "Mama, I need a letter in another language!"

"Turn around," she said. "Turn around and look."

I did, almost into the slitted eyes of a rearing cobra, one not yet treated with the customary drug or antidote to be administered from a little envelope by the man standing behind it, who was looking rather...pale.

"You jumped right over the snake," I was told.

Two years later, my favorite word having become "prissy," and with a best friend who scorned all that was girly, I decided that I would no longer be prissy about snakes. I would learn to like them. I'd swoop on a little garter snake in the woods and pick it up. No fun for the snake, I imagine, though it didn't struggle, just hung over my hand in an arc with a curious head weaving and eyes like jewels. Its face smiled a little, its skin was dry, and its body slender and supple. It worked. I began to love them. And boys were nice to me when I caught snakes and frogs which was a warming experience given the derision that often greeted my ineptitude at ballgame sports.

A crystal bowl concert upstairs at Crazy Wisdom. The audience is warned to be careful while driving afterward. The singing stones emanate a rock-solid tone that cuts through swarms of cells. I feel a reptile in my spine rearing up and peering over my head with ancient eyes: the bones of a mountain washed in a primordial sea.

Human embryos reveal a reptile phase in ancestry. Embryos have some reptilian muscles; a few are born with remnants of these, considered birth defects. Mammals descend from a branch of the synapsids, and they in turn from an ancient reptile, a common ancestor to all mammals, reptiles and birds, represented most clearly at this time by fossil evidence of an ancient, bearded dragon found in Australia, but largely still a mystery.

Read the whole article online!

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SAINT PATRICK
and the Fae Folk of Ireland

By Peggy River Singer

This popular missionary saint is best known for introducing Christianity to pagan Ireland during the 5th century AD. I thought it would be interesting ask the Irish Fae (aes sidhe) for their viewpoint on the massive cultural changes resulting from Patrick's work, which disrupted ancient relationships between humans and the many species of fae folk.

Peggy: Did Patrick follow pagan beliefs as a young man?

Fae Emissary: No, he was born into a Christian family but belief in the fae folk was the cultural norm in his part of the world at that time.

Peggy: Did any fae folk accompany Patrick throughout his life?

Emissary: Yes, starting at his birth; because our seers knew of the future to come – paganism to be replaced by Christianity – so a few fae guided Patrick to incorporate certain elements of paganism into the new religion.

Peggy: Was he aware of those fae companions?

Emissary: No, they kept themselves well cloaked and were very subtle in their suggestions. An example is Patrick's "inspiration" to use a three-leafed shamrock to represent the Father, Son, and Holy Spirit instead of the traditional pagan "triple goddess" (Maiden, Mother, Crone). Both belief systems emphasize the power of three, which is an element of many religions.

Peggy: The arrival of Christianity must have caused huge energetic changes echoing through the timelines that would have felt painfully discordant to fae senses. In the millions of years of fae/human relationship, is this the first such upheaval?

Emissary: No, of course not. We could all see the changes developing with the new beliefs, and we understood that this particular big change was inevitable according to the workings of fate and the woven strands of history, so we envisioned the weaving of a new fabric of time and events.

Now I am in the center of a vast flat pearly-white plain stretching out into the distance in all directions.
From my vantage point I can see thousands of scenarios in action, like microscopic theater productions.

Emissary: This is the Plain of Possibilities. Our greatest seers can study and select the most likely outcomes for any situation. They do not cause a possibility to become reality; instead, they seek an energetic beacon that carries the power to become reality when all aspects match together.

Peggy: Can the possibilities be affected or altered in any way?

Emissary: No, they are protected from any form of interference from lesser beings.

Peggy: So, the seers' personal preferences are not involved?

Emissary: No. This has always been, and must remain, a neutral or objective process.

Peggy: Did the fae feel excluded from the flow of all these changes and events?

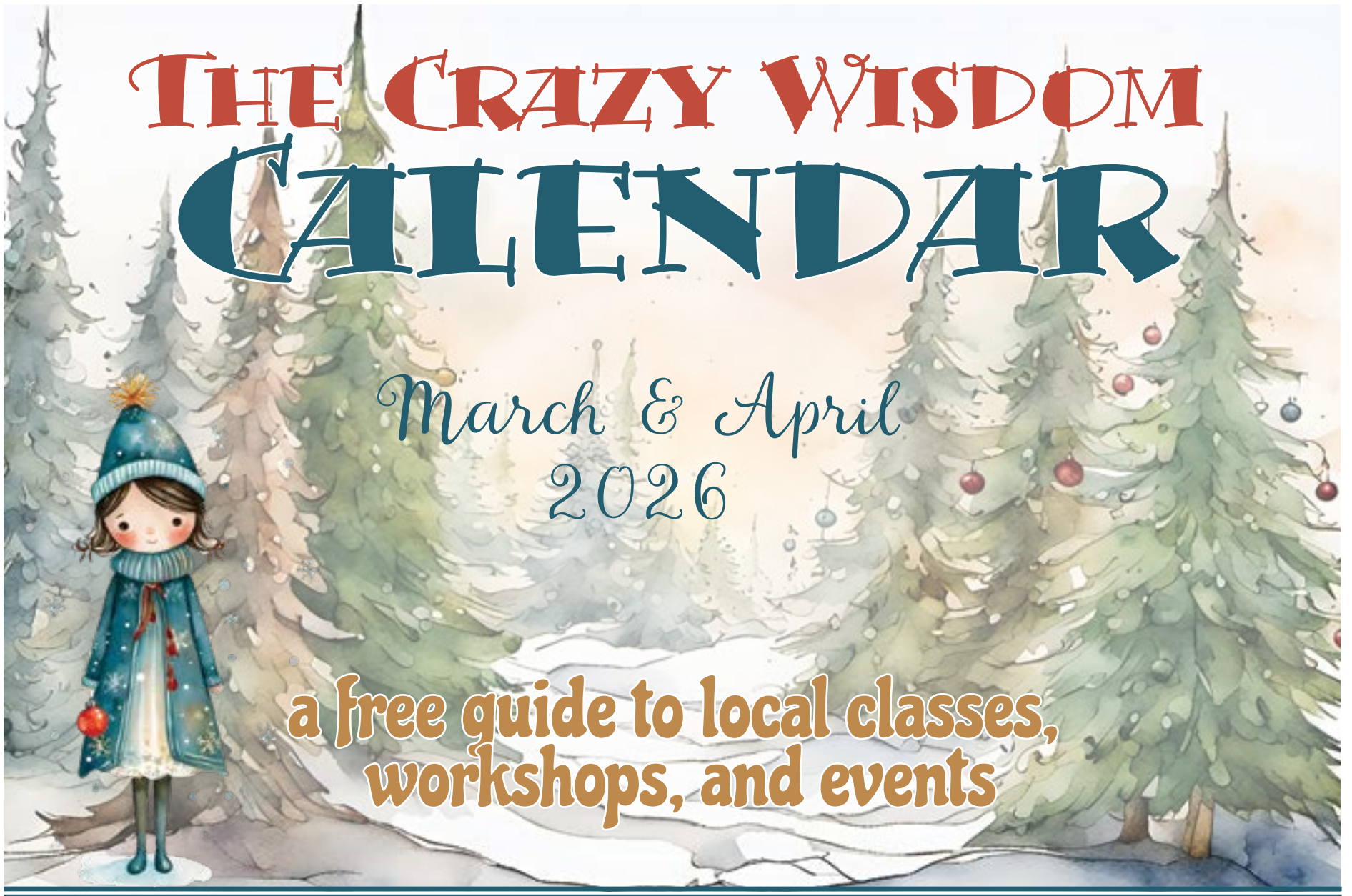
Emissary: Not at all. It took hundreds of years for the new faith to replace the old ways that have always been strong in Ireland and which are still respected today. So, it was a very gradual process. Our role was to step back into our secret places and maintain our ways of life and lovingly preserve what really matters until the wheel of time once again brings fae and humankind together openly as equal partners in caring for the Earth.

Peggy: What else would you like to share today?

Emissary: Great events are taking place which call attention to the needs of our homeworld. All is happening as it must happen in the grand scheme of things, regardless of the appearance of random chaos. We look forward to renewed friendships. Farewell.

Author's Note: The photo shows an ancient "fairy fort" on the property of my family's ancestral farm in County Monaghan, Ireland.

Peggy River Singer is an all-beings communicator, faery ally and lifelong writer. She dwells in a funky little apartment on the enchanted shores of Ford Lake in Ypsilanti, where she teaches fae folk how to use and share Reiki to help bring more joy and healing into the world. More of her articles are posted on angelsfairiesandlife.wordpress.com. To request a communication session, please call 734-548-0194.



Calendar edited by Kaili Brooks

A Course in Miracles

"A Course in Miracles" Study Group with Rev. David Bell & Randall Counts • Ongoing Mondays from 6:45 to 8:00 p.m. OR Thursdays from 7:30 to 8:30 p.m. • Practical application of course principles to daily life. Additional, supporting works are also presented and discussed. Text and study materials are included. FREE, donations welcome. For more information visit interfaithspirit.org.

Animals and Pets

Holistic Pet Care with Mary Light • Saturday, March 28 • 9:15 a.m. to 4:00 p.m. • Mary will discuss and demonstrate how to administer topical and ingested herbal formulations and the reasons for each. We will make in class, two different commonly useful therapeutics to take home and have on hand along with that which is needed to administer. We will also learn how to palpate and observe and assess pets. $200; includes formulas. For more information contact Mary at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

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Art and Craft

Westside Art Hop Call for Artists with Sophie Grillet • Sunday, February 1 through Monday, March 16 • Are you an artist who would like to be part of the 2026 Westside Art Hop? If you've done a hundred art fairs or zero art fairs, we would love to hear from you! Applications are open for Ann Arbor's quirkiest and highly accessible art fair from February 1 through March 8. $18. For more information contact info@westsidearthop.com or visit westsidearthop.com.

Polish & Shine: Rocks of Renewal with Jen Kramer & SEL Rocks • Monday, March 9 • 3:30 to 9:00 p.m. • Embrace renewal as spring approaches! Polish, shine, and decorate river rocks while exploring themes of growth, reflection, and self-care. Leave feeling refreshed, grounded, and shining from the inside out. $35. For more information contact Jen at (810) 772-1852, visit selrocks.com, or angelwhispers.org.

The Art, Science & Reciprocity of EcoCreativity with Robin Lily Goldberg • Monday, March 9, 16, & 23 • 6 to 7:00 p.m. • This interdisciplinary series illustrates how meaningful poems, stories, and paintings can emerge through co-creating with the Earth. We'll draw inspiration from visionary writers and artists to experience the regenerative benefits of collaborating with our environments. Everyone has creative capacities within, and everyone is welcome. $32. For more information contact Robin Lily at robinlily@reciprocalripples.earth or visit reciprocalripples.earth.

Our Earth Rocks: Love, Care & Connection with Jen Kramer & SEL ROCKS • Monday, April 13 • 3:30 to 5:00 p.m. • Honor Earth Day with creativity and purpose. Paint rocks that inspire love for our planet and learn simple ways to care for the Earth. A workshop filled with art, awareness, and positive impact. $35. For more information contact Jen at (810) 772-1852, visit selrocks.com, or angelwhispers.org.

Book Discussion Groups

Spiritual Book Study with Sunny Johnson-Lemieux • Ongoing Wednesdays • 6:30 to 7:30 p.m. • Join our weekly online book study, currently reading *The Second Coming of Christ* by Paramahansa Yogananda. Each session includes a brief meditation, prayer, shared reading, and uplifting discussion. All are welcome at any point. The format encourages positive, focused sharing and a supportive space for spiritual growth. FREE. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org

From Our Current Issue

Ojibwe Speaks: Stacie Sheldon and the Revitalization of Anishinaabemowin

Left to Right: Rebecca Shea Irvine, Selena Smith, Edna McCabe (child), Natalie McCabe, Stacie Sheldon, Linda Purchase, Linnaea Rousch (child), Anna Roush, and Janessa Esquible.

By Kirsten Mowrey • Photos by Edda Pacifico

Language is the lens through which we express our internal experience of the world and build relationships outside ourselves. For centuries, the Great Lakes watershed and Anishinaabemowin (Ojibwe) danced this give and take, Land shaping language, language mirrored to Land, until ruptured by colonization.

Twenty years ago, Stacie Sheldon and Margaret Noodin founded the website ojibwe.net in Ann Arbor, beginning the hard work of revitalizing Anishinaabemowin language, speakers, and culture. Their work is part of greater regional shift, which in 2025 saw Detroit's first pow wow in thirty years, a major exhibit open at the Detroit Institute of Arts, and the arrival of Ann Arbor District Library's mascot, Akako G. Shins ("little groundhog" in Ojibwe).

I spoke with Stacie in September, the day before her women's singing group, Asiginaak-Negamojig (the Blackbird Singers) performed the welcome song opening the exhibit at the DIA.

Kirsten Mowrey: Where did you spend your childhood? When you were growing up and in college, what was your relationship to the Anishinaabe language?

Stacie Sheldon: I grew up in Cheboygan, Michigan which is on the eastern side of the tip of the lower Peninsula, about 15 miles south of Mackinaw City. I went to Michigan State. I studied literature and literary theory, border identity—Mexican and American.

I didn't have a relationship with Anishinaabe language until 2006 or so. I was 15 when the Native American Languages Act was passed in 1990. There was not any language stuff happening in northern Michigan or anywhere.

I always knew I was Native; I just didn't know anybody that spoke the language, or nobody talked about it. [In] Michigan there's some people who know some language, but most of the fluent speakers of Ojibwe today are from Northern Minnesota or parts of Ontario. They're not in Michigan.

Kirsten Mowrey: What was the Native American Languages Act about?

Stacie Sheldon: [With] the Indian Removal Act [*of 1830, which forced relocation off of tribal lands],* other laws that were passed, and the general atmosphere, it's fair to say that our language was really being suppressed and erased. For instance, in boarding schools, children were beaten for speaking their language. I don't want to say it was a felony to teach or publish in the language, but it certainly wasn't being done. In 1990, the Native American Languages Act lifted the prohibitions against the language that had previously been established.

I always knew I was Native; I just didn't know anybody that spoke the language, or nobody talked about it. [In] Michigant here's some people who know some language, but most of the fluent speakers of Ojibwe today are from Northern Minnesota or parts of Ontario. They're not in Michigan. Very few in Wisconsin.

Kirsten Mowrey: Originally, Ojibwa was an oral language. On Ojibwe.net you explain the sounds, with native speakers coming together to talk about subtleties and nuances of the language.

Stacie Sheldon: After that act was passed, there was a convention of Anishinaabe speakers and advocates, academics and linguists to decide on what should be the standard writing system for the language. They selected what's called the double vowel orthography, which does make it really easy to phonetically understand how to make the sounds. But then there are still [nuances] like a double O will sound like an "o" in some communities and a "Ooh" [in others]. There's still variations, but it's much simpler to read and make the sounds accurately than in English.

Kirsten Mowrey: What happened after you graduated college?

Stacie Sheldon: The tech boom was happening. I got a job building websites at just the right moment in time. I was in a long-term relationship with a man, and he wanted to move to Ann Arbor. I didn't think going home would be a good idea with both of us working in tech, so we stayed downstate.

I had a real experience when I first went to college of "nobody here knows that I'm a Native American."[Stacie is an enrolled tribal member of the Sault Ste. Marie Ojibway.] A city environment is really different than a northern Michigan environment. There's not really anybody talking or thinking about American

Indians down here, as opposed to the hunting and fishing squabbles of Northern Michigan. It really was much later when I started doing more with the culture and the language.

Kirsten Mowrey: What moment do you remember as being THE moment when you really started working with the language and the culture?

Stacie Sheldon: I remember writing poetry in college and trying to use what I thought were some Ojibwe words from some literature that probably weren't even accurate. It wasn't until 2006 I found a language table at the University of Michigan and realized that there were people who were working together, forming language nests, and finding ways to bring in fluent speakers. The University of Michigan had an Ojibwe language program around that time and Ann Arbor was a place where Ojibwe language stuff was happening.

Early [2006], my friend Margaret [Noodin, co-founder of Ojibwe.net] and I,we would drive to Zwiibiwing Center in Mount Pleasant to Nokomis Center in Lansing to go to classes. Now there's more options, but at the time, there wasn't. [Creating] Ojibwe.net [initially] was, "Hey, we found some worksheets and took notes" and shared them with each other, for the foundation.

Kirsten Mowrey: I was looking around the website and the breadth and depth of resources on there are amazing. I'm sure you've built that piece by piece by piece.

Stacie Sheldon: Some of it has had to be refreshed and updated because it's been there so long, but yes, it's 20 years of materials. I feel like the earliest form was really a list of resources. Margaret was in academia, so she was able to get us resources to bring in an audio person who supported us for a while. You could go record with his stuff and he would send us nice files. Nowadays we use iPhones for everything. We did get grant support for different aspects of ojibwe.net to pay for the domain name and the web hosting services. But for the most part, we've paid for everything ourselves.

Kirsten Mowrey: Wow. Out of pocket. How has [the language community] evolved from when you and Margaret started?

Stacie Sheldon: There's a lot more online. If you wanted to take a class out of Bemidji (MN) or Trent University (Canada) you can find online classes. Tribes often have programs where they'll run a Zoom class for a certain amount of time. There's online language tables. There's social media now. There's language-based words of the day and all this other kinds of stuff that didn't exist at the time. I think it's so much easier to access and learn the language now than it ever has been.

I feel like the work that we do [is] for educators. A lot of teachers use our resources. The work that we do help[s] people take their work and help[s] them put language as an aspect of what they're doing. That has felt important to me. Is it an important website? I don't tend to think about it that way.

Kirsten Mowrey: Robin Wall Kimmerer was in town a few weeks ago. I'm going to ask you the question I asked her, which is, given how language shapes thinking, how important do you feel it is for people to learn Anishinaabemowin, including people for whom that's not their culture?

Stacie Sheldon: I would like people who live in the Great Lakes Basin to have exposure to the language. Wisconsin has something called Act 32, where Native American curriculum is mandatory. Michigan doesn't have that. We're sharing this basin together. The Great Lakes Watershed and [children] should have an awareness of who they're sharing it with. I don't think they do. There are massive treaty boundaries. [For example,] the Treaty of Washington of 1836 is a really important treaty. I don't know very many people who could tell you much about it. [*The Treaty of 1836 was initiated, under duress, by northern Michigan tribes to avoid removal to Kansas and Oklahoma. Read more here:* nps.gov/articles/leaving-our-native-country-forever.htm].

Read the rest of the interview online!

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Book Discussion Groups continued...

10 to 25: The Science of Motivating Young People: A Groundbreaking Approach to Leading the Next Generation—And Making Your Own Life Easier by David Yeager, PhD **with Leanne Fu • Saturday, April 11 • 1:30 to 2:30 p.m.** • 10-to-25-year-olds are wired to prioritize seeking respect. What can be transformed when we work with that instead of against it—pairing high standards with effective support that lets them earn respect through real contribution? How can Teddy Bear Talk Support come in to help young people thrive? FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, March 1, 15, & 22, April 5, 19, & 26 • 6 to 7:30 p.m. • A group session of gentle, energizing breathing with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of breath energy and non-ordinary states. 1st and 3rd Sundays in Ann Arbor, 4th Sundays in Ypsilanti. FREE, donations welcome. For more information visit thisbreath.com.

Buddhism

Sunday Service with Temple Clergy • Ongoing Sundays • 10 to 11:30 a.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Ongoing Sundays • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Never-Ending Lamp of Liberation: A Lam Rim Master Class with Demo Rinpoche • Ongoing Tuesdays • 7 to 8:30 p.m. • In Tibetan, Lam Rim means the Stages of the Path and concisely presents the Tibetan Buddhist path in logical steps that can be learned by the practitioner. With Rinpoche's special guidance, the Lam Rim can help us develop a stable mind committed to enlightenment. No charge for Jewel Heart members / $100 for non-members who are registering for the first time. Give what you can; no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Nagarjuna's Precious Garland of Advice to a King with Demo Rinpoche • Ongoing Thursdays • 7 to 8:30 p.m. • In his Precious Garland, Nagarjuna offers sound advice on how to gain happiness in this life, individually and as a society. He then expands the scope to include happiness in future lives and attaining enlightenment through practical ethics, great compassion and the wisdom of emptiness. Note: This program continues previous Precious Garland events. $65 Jewel Heart members/$75 Jewel Heart non-members. Pay what you can; no one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Dexter Sangha with Whitney Prince • Ongoing Fridays • 9 to 9:50 a.m. • Open to all, these weekly drop-in sessions include a short talk, meditation, and opportunities for sharing, emphasizing the Buddha's approach (Early Buddhism tradition) to liberation from suffering. They are a wonderful way to explore and deepen our meditation practice in community and appropriate for meditators of all levels. $5 suggested donation. For more information visit veraposeyoga.com.

Visitor's Program and Residential Opportunities with Maum Gloria Cox • Dates to Be Discussed with Inquirers • The Visitor's Program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. Cost varies depending on length of stay. For more information contact Maum Gloria at maum1952@gmail.com.

Gampopa's "Jewel Ornament of Liberation" with Khenpo Tshering Chophel • Saturday, March 7 & 21, April 4 & 18 • Noon to 1:00 p.m. • Gampopa's "Jewel Ornament of Liberation" is a comprehensive explanation of the Buddhist path, including such key topics as Buddha nature, impermanence, karma, and

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the cultivation of bodhicitta: selfless compassion for all beings. Each session we discuss a new chapter, with commentary by Khenpo Chophel. FREE, donations welcome. For more information contact Lama Nancy (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Family Services with Temple Clergy • Sunday, March 8, & April 12 • 9:45 to 11:30 a.m. • Family Services with age-appropriate groups are being offered the second Sunday of the month, for toddlers through high school. Program includes music, activities, and dharma lessons from qualified instructors. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

Earth Day Celebration with Temple Clergy • Sunday, April 26 • 10 to 11:30 a.m. • This annual observance commemorates the 1970 birth of the modern environmental movement. We honor the gifts of mother earth and pledge ourselves to the principle of non-harming. Following the service there will be an outdoor celebration and garden planting. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

Cannabis/Medical Marijuana

Grow Your Own Workshop with Robbin Pott • Tuesday, April 28 • 6:30 to 8:30 p.m. • Grow Your Own Workshop empowers participants to confidently cultivate cannabis at home using regenerative methods. Over six virtual sessions, Robbin Pott provides guidance through every stage of outdoor growing. Growing your own is a fun, affordable way to ensure you are getting quality flower, and it's completely legal in Michigan. 6-month session begins in April. Sliding scale $250 - $750. For more information visit pottfarms.com.

Ceremonies, Celebrations, and Rituals

Chalice Temple with Mara Evenstar • Sunday, March 8, & April 12 • 11:00 a.m. to 12:30 p.m. • At its heart, Chalice Temple is a space of renewal. Designed as a touchstone for the world-weary, it offers an invitation to connect more deeply with yourself, other like-hearted souls, and the Divine. Whether you are new on the path of awakening or returning, you are met where you are and invited to drink deeply. $333 prorated based on enrollment date. For more information visit maraevenstar.net.

Spring Equinox with Esther Kennedy • Sunday, March 22 • 3:30 to 4:30 p.m. • Celebrate the awakening. Breathe the freshness of the Earth. Share a song, a story or, perhaps, a treat to share. FREE, open to all. Registration not required. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Inai at Madden • Sunday, April 12 • 1 to 3:00 p.m. • Join us as we open a new art gallery on the Motherhouse Campus: Inai at Madden. FREE. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Channeling

Remembering Wholeness: Darshan with Barbara Brodsky & The Mother • Sunday, March 22, & April 26 • 2 to 5:00 p.m. • Darshan with The Mother offers loving guidance to support your journey. The Mother speaks both personally and collectively, addressing where we may feel stuck and helping release what no longer serves. With support from Aaron and Yeshua, she shares messages of wholeness, always holding each being in a container of deep, unconditional love and compassion. Suggested Donation: All-$50-$140; Single: $10-$30. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

A Live Channeled Discussion with Spirit: Living in a Stressful World with More Ease and Joy with Barbara Brodsky, Aaron; Colette Simone, & Yeshua • Wednesday, March 4 • 6:30 to 8:30 p.m. • A unique opportunity to spend time with Spirit. Join us for a special evening when Spirit offers a discussion with Barbara Brodsky, channeling Aaron and Colette Simone, channeling Yeshua. This lively discussion may also include other spirit friends. FREE, donations are welcome. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Childbirth

Understanding Birth and Baby: Childbirth Education with Ariana Riegel & Katy Gladwin • March 7, 14, 21, & 28, April 4 & 11 from 10:00 a.m. to 1:00 p.m. AND March 11, 18, & 25, Pril 1 & 8 from 7 to 8:30 p.m. • With evidenced based information and knowledgeable anticipatory guidance we equip parents with the information they need to make the next best decisions for their families. Our hybrid format--2 In-person weekends, 4 virtual evenings—combines a virtual classroom with recorded content, worksheets, handouts, and resources with synchronous sessions to give you over 15 hours of learning about childbirth and postpartum. This model allows for the convenience of virtual classes while also reaping the benefit of in person sessions for connection and kinesthetic learning. Our multi-week hybrid course gives you time and space to truly digest and integrate all material. $390. Located at the Gladwin Center: 4105 West Liberty Road, Ann Arbor, MI 48103. For more information contact Ariana and Katy at ypsiarborcbe@gmail.com or visit ypsiarborcbe.com.

Six Week Childbirth Preparation Series with Cynthia Gabriel • Begins Tuesday, March 10 • 5:45 p.m. An empowered, satisfying birth experience starts with KNOWLEDGE! We get you ready! For more information and to register visit nestandnurture.org.

Children's Classes

Mommy and Me Classes with Kaili Dence • Saturday, March 14, & May 2 • 10 to 10:45 a.m. • Mommy & Me Classes are held once a month on Saturdays and are the perfect way to spend creative time together! Each session features a special themed project that kids and their caregivers will love making side by side. $15. For more information contact Joanne at (734) 330-2079 or email joanne@whitepinestudios.org.

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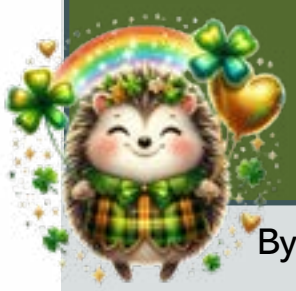
What's New in the Community



SPOTLIGHT!

By Lynda Gronlund

Childbirth educators and birth doulas Katy Gladwin and Ariana Riegel, LLMSW, through Ypsi-Arbor Childbirth Education will for the first time offer hybrid childbirth classes.

They combine in-person, live-Zoom, and move-at-your-own-pace online education, making it easier for busy parents to learn about pregnancy, labor, birth, and postpartum in a holistic and complete way, while building community with other new parents. "So many classes built for busy new parents just try to cram all the info into a one-day course, but that isn't enough! So, we're building a new model," Gladwin said. Dates are to be announced and will be listed on the website.

Gladwin is also a certified women's health coach, Reigel a therapist, and they will be offering a new monthly small group for women moving through perimenopause starting January 10. This group offering, called Wholistic Vitality for Women, will offer "support and education around how to maintain balance and health through life's big and small shifts." Participants will be offered group Zoom meetings three times per month, as well as one private Zoom session with Gladwin or Riegel each month. Group size will be limited, and the group will dive into one broad topic each month. Some topics include sleep hygiene, finding and setting boundaries, organization and time management, self-advocacy, and nutrition.

More information about childbirth classes is online at ypsiarborcbe.com, while information about Wholistic Vitality for Women is at sacredrootshealing.org. Katy Gladwin and Ariana Riegel can be reached by phone at (734) 288-7784 or by email at info@ypsiarborcbe.com.

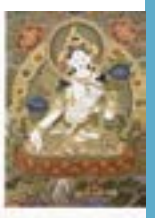
Submit your listing for the May through August 2026 issue.

If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net.

The firm deadline for submissions for the next issue (May through August 2026) is March 1, 2026.

Resources for Conscious Living

Beth's Bodyworks



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The Crazy Wisdom Calendar

Children's Classes continued...

Spring Break Art Adventure Camp (Ages 5-12): Passport to Creativity with Hollyann Stewart and Kaili Dence • Monday, March 30 through Friday, April 3 • 9:00 a.m. to 4:00 p.m. • Pack your bags and get ready for an artistic journey around the globe! In this week-long camp, young artists will explore landmarks, customs, and traditions from countries near and far, using them as inspiration for exciting art projects. $395. For more information contact Joanne at (734) 330-2079 or email joanne@whitepinestudios.org.

Death and Dying

Ann Arbor Virtual Death Café with Rachel Briggs • Ongoing 1st Saturdays • 11:00 a.m. to 12:30 p.m. • Conversation on Zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Open to all adults. Please note: this is not a grief support group. FREE. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Ann Arbor Death Café with Merilynne Rush • Ongoing 3rd Saturdays • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Small & large group discussion, deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, snack available. Open to all adults. Accessible, confidential. Please note: this is not a grief support group. FREE. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Death Café with Rev. Annie Kopko • Tuesday, March 3, & April 7 • 6:30 to 8:00 p.m. • A group-directed discussion about death, with no agenda, objectives, or themes. It is a discussion group rather than a grief-support or counseling session. FREE, donation welcome. For more information visit interfaithspirit.org.

Advance Care Planning Facilitator Training with Merilynne Rush • Thursday, April 16 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults identify a healthcare advocate, discuss their values and wishes with them. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration required. $265. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Dreamwork

Awake in the Dream with Cyrus Scholl • Tuesday, March 3 • 6 to 8:00 p.m. • Play with principles & tools to help interpret your dreams and usher your subconscious dreaming into conscious awareness, fostering balance in your waking life. $35. For more information contact info@angelwhispers.org or visit angelwhispers.org.

Drumming

Intro to Taiko Drumming Workshop with Eileen S. Ho & the Great Lakes Taiko Center • Sunday, March 22 • 3 to 4:30 p.m. • Join us for a workshop in the powerful artistry and generous spirit of Japanese Taiko Drumming through demonstrations and hands-on activities. Share in our dream of collective play as we explore the rhythms and groove of Taiko music together. $49/workshop. For more information contact Eileen at (734) 489-1090, email eileen@greatlakestaiko.org, or visit michigantaiko.net

Drum and Dance Jam with Curtis Glatter • Saturday, April 4 • 7:30 to 9:00 p.m. • Drumming improves musicality, hand/eye coordination, and cognition, relieves stress, and enhances spiritual joy in all ages! No experience is necessary. Bring a drum or use one provided by the event. $5 suggested donation. For more information visit interfaithspirit.org.

Energy and Healing

Healing & Ascension Monthlies Series with Rev. Eve Wilson • Thursday, March 26, & April 23 • 7:30 to 9:30 p.m. • Be an influence for unconditionally loving transformation. Join with Master Healer, cutting edge leader of World Healing Ascension, Eve Wilson. Strengthen unity with Higher Self and ground into your body to bring healing and ascension to yourself and the world. Meet every 4 weeks on Thursday live by phone or computer or anytime by MP3. $300 Series of 6—sliding scale available. For more information contact Eve at (248) 854-6873, email evew@spiritualhealers.com, or visit spiritualhealers.com.

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The Crazy Wisdom Calendar

Exercise and Fitness

Original Strength Resets Community Sessions with Rodger Park • Ongoing Tuesdays • 7 to 7:30 p.m. • Reset your neuromuscular system to move better! Simple, gentle, scalable movements great for everyone, from recovering couch potatoes to hardcore athletes, all ages and conditions. FREE, donations accepted. For more information contact Huron Valley Aikikai at (734)417-2735, email hvaikikai@gmail.com, or visit hv-aikido.com.

Festivals and Fairs

Enlightened Soul Holistic Psychic Fair with the Enlightened Soul Center & Shop • First & Third Saturdays • Noon to 6:00 p.m. • Join us for a fun-filled day at the Enlightened Soul Center! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore lots of readings and healings at one time, under one roof. $5. For more information visit enlightenedsoulcenter.com.

Michigan Psychic Fairs Weekly Psychic Events in SE Michigan Communities • Sunday, March 1, 8, 15, 29, and April 12, 19 & 26 • Noon to 6:00 p.m. Experience readings from gifted psychics and healers, and shop spiritual vendors who bring their unique talents and offerings to each psychic fair. Each weekend is a different location in SE Michigan.. Visit http://michiganpsychicfairs.com for dates, towns, and full details.

Film

Free Film & Discussion with Jewel Heart instructors • Friday, March 13, & April 10 • 7 to 9:15 p.m. •

• March 13 and April 10— "On Life and Enlightenment." 2006. Principles of Buddhism presented by his Holiness the Dalai Lama.
• FREE; concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Gardening and Ecosystems

Medicine Garden Design with Mary Light • Saturday, April 25 • 10:00 a.m. to 2:00 p.m. • Each participant will bring in a photo, if they have one, plus information about size and sunlight orientation. Mary will discuss and guide plant choices of common and effective medicines, how to care for and harvest them, and give local resources. $100. For more information contact Mary Light (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Couples & Family Healing Class
April 30th, 7:30-9:30 pm

Part I – Group Class teaches how soul contracts draw us to our families and relationships, the spiritual dynamics that make us heal and grow as individuals and together, and how to make use of them for success and satisfaction. Meet by teleconference call. Or by recording for those who can't attend live.

Part II – Private Healing with Eve to shine light on your particular dynamics and opportunities, provide guidance and begin the healing process. Scheduled individually.

Only one person required per couple or family to accomplish what is needed. More is great!

Cost $300 for series. See "What's New In The Community" in this issue for more about this class and visit www.spiritualhealers.com for testimonials and to enroll.

Eve Wilson is a UCM Master Healer with 40 years experience helping couples and families to succeed in the fullest ways as individuals and together.

Healing

"Making Sense Of" Series: A Problem-Solving Approach to Healing with Diane • Ongoing Wednesdays • 7 to 8:30 p.m. • Are you feeling overwhelmed? Need help figuring out where to start? In small groups, I will lead you through a unique problem-solving process. Topics include Parenting & Communication (February), Menopause (March), and Big Life Transitions (April). Each topic will be explored in sessions once a week on Wednesdays for the first 3 weeks of each month. $150 per topic (3-week session). For more information contact Diane at (734) 474-5700, email connectingthedotscounselor@gmail.com, or visit connectingthedotscounseling.us.

Brain Tune-ups for Saturdays with Debra Metler • Ongoing Saturdays • 11:00 a.m. to Noon • Brain Tuneups are one hour long, virtual, group workshops created by Debra Metler MSW, CHC. They include scientifically proven brain exercises and pertinent information to help improve cognitive functions like memory, focus, problem-solving, and overall mental health. Tune-up your brain with your friends and family! $20/person (minimum of 3 participants). For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Holistic Health

Open House Dexter Natural Health Center with Mary Light • Saturday, February 14, & March 14 • Noon to 1:00 p.m. • A time to look ahead, register for classes, set up those self-care appointments. Hot Chocolate here! FREE. For more information contact Mary Light (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, April 5 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of clarity and spiritual openness. $15. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander • Tuesday, March 10, & April 7 • 7 to 8:00 p.m. • For Women Only: Meditations concentrating on women's issues relative to biological energies as well as that of the aura. Some prerequisites. $10. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Spring Intensive: Webinar & Teleconference with John Friedlander • April 26, Exact Dates TBD • New material with continued development of advanced core techniques seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development Class, CD set or permission of instructor. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Love and Relationships

Couples and Family Healing 2-Part Class with Rev. Eve Wilson • Thursday, April 30 • 7:30 to 9:30 p.m. • One or more person(s) per couple or family meet by teleconference class to understand what draws us into families and relationships, what we are trying to accomplish, and how to find greater intimacy, love, and fulfillment. Part II is a private session with Eve to understand and heal dynamics in your relationship or family. $300 for both parts I and II. For more information contact Eve (248) 854-6873, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Massage

Public Massage Class with Irene's Myomassology Institute • Friday, March 13 • 7 to 9:00 p.m. • You can relax and have some fun at Irene's Public Massage Class. During this two-hour class, you will be able to learn basic techniques while giving and receiving a massage. If you've never given a massage, this is a great chance to explore the benefits of touch. Classes fill up quickly so don't delay! For more information contact Irene's Myomassology Institute at (248)350-1400, email contact@irenes.edu, or visit irenes.edu.

Couples Massage with Irene's Myomassology Institute • Sunday, March 8, 15, 22, & 29 • 1 to 4:00 p.m. • In this class, you can take a break from everyday life to spend four fun evenings with your significant other, while learning proper techniques of a relaxing full body massage. Share the gift of massage as you learn the true art of touch. $275 per couple for all 4 classes. For more information contact Irene's Myomassology Institute at (248)350-1400, email contact@irenes.edu, or visit irenes.edu.

Meditation

White Tara Guided Healing Meditation with Jewel Heart Instructors • Ongoing Sundays • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Weekly Silent Meditation Practice with Colette Simone • Ongoing Sundays and Tuesdays • Sunday from 11:00 a.m. to Noon AND/OR Tuesday from 9 to 9:30 a.m. • This offering is open to all with a willingness to observe the self-kindly and rest in pure awareness. We begin with brief chanting, followed by silent Vipassana meditation. After the bell rings, you may leave or stay to share or ask questions. This is not a class or guided meditation—simply shared practice. Suggested donation: $5. For more information contact Tana at (734) 477.5848, email om@deepspring.org, or visit deepspring.org.

Healing and Compassion Meditations with Hartmut Sagolla • Ongoing Mondays • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Meditation on Serenity & Compassion with Khenpo Tshering Chophel • Ongoing Saturdays • 10:30 to 11:30 a.m. • Meditation on compassion starts with serenity then opens our hearts to genuine caring for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Evening Group Meditations with Song of the Morning Community • Ongoing Tuesdays, Wednesdays, Thursdays, Fridays, & Saturdays • 8 to 9:00 p.m. • Evening Meditations include guided prayer, chanting, and silent meditation, with simple instruction to help newcomers feel supported. Practices are offered in the spirit of Paramahansa Yogananda's teachings. FREE. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Mantra Kirtan with Ananda and Deva • Ongoing Thursdays • 6:30 to 8:00 p.m. • Traditional Hare Krishna chanting circle for healing and connection with vegetarian meal served after at 8 p.m. All welcome. FREE. For more information contact the Harmony Collective at deva@theharmonycollective.org.

Overnight Introductory Meditation Class with Temple Clergy • The Weekends of March 27 & 28, & Apr 17 & 18 • 7:00 p.m. Friday through Noon Saturday • This course covers the same content as our 5-Thursday evening class in a condensed format. It is ideal for out-of-towners, or local people who cannot attend the Thursday evening course. Cost is $160/$120 students or unwaged; includes accommodation and a vegetarian breakfast. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

That Which is Already Awake is the Path: Awakening to the Joy and Unconditional Love Within; Going Deeper into Nonduality with Barbara Brodsky, Aaron, & John Orr • Tuesday, March 10 & 24, April 14 & 28 • 6:45 to 9:00 p.m. • Each class blends meditation instruction with shared exploration. Sessions include a talk from Aaron, time for questions, and related practice. Together, we remember what is already awake within us and the practices that support resting in presence. How do we meet life's challenges with clarity, compassion, and deep, grounded participation in a changing world? Suggested donation: $135-$450. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Days of Mindfulness Meditation with Esther Kennedy • Saturday, March 14, & April 11 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. Cost: $35/session, includes lunch. Registration required. Each session is limited to 30 participants. For more information contact the Weber Center at (517)266-4000, or email webercenter@adriandominicas.org.

Resources for Conscious Living

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From Our Archives

GARDENING PHENOLOGY: Planting by Nature's Cues

Story and Illustrations by Karen Quinn

As a gardener, and a general nature romantic, my heart begins to feel torn around mid-February. On one half, I want to honor the last of winter's deep rest and on the other half, there is the burgeoning energy of spring's return. One of my favorite activities at this time is to thumb through my seed stores, as well as the new year's seed catalogs, and begin to plan my garden in earnest.

One of my favorite activities at this time is to thumb through my seed stores, as well as the new year's seed catalogs, and begin to plan my garden in earnest.

As February gives way to March, and the spring fever really sets in, many of us start to read the back of our seed packages to see when we can start indoor seeds or even plant hearty early spring crops. But the packages can be vague in their timing reference, and even "projected" last frost dates are no more than speculation, causing us to weigh out planting too soon–or even too late. What's a gardening enthusiast to do?

Over the decades, I have somewhat started divorcing my process from the clinical, "back of the package" style of gardening and instead turned to nature for my guidance through the use of phenology. Technically speaking, phenology is the study of cyclic and seasonal natural phenomena in relation to climate and nature. It helps us take the measure of air and soil temperature, as well as sunlight and frost danger, and all you have to do is observe the plants and animals in your own yard. Simply watch for your "firsts" to start getting the lay of your own little ecosystem. First buds, first blooms, first animal and bird migrations, first insects, first hibernating animals and amphibians awakening. These are your indicators that certain environmental benchmarks have been met, then look to phenology to see what to plant when. It's as easy as that.

Over the decades, I have somewhat started divorcing my process from the clinical, "back of the package" style of gardening and instead turned to nature for my guidance through the use of phenology.

One of my favorite phenological firsts always clears up the confusion for the age-old misunderstood question, "When do I plant my peas?" I've overheard folks rattle off everywhere from late January to Mid-February, which of course isn't going to work since the permafrost is still intact and the ground is still completely frozen! But someone on some random social media site said it, so they believe that it must be true. I'm here to let you in on a little secret, dear reader. If you lean into the knowledge of farmers long past, you'll turn your attention to nature for her cue. When you see forsythia in bloom, it is safe to plant your peas, as well as onion and lettuce. Even if you don't have forsythia in your own yard, I bet there is some in your neighborhood.

A few more of my favorite firsts are to look for the crocus blooms to help me know it's time to plant radishes, parsnips, and spinach. When my fence line daffodils blossom, I plant beets and carrots. Potatoes can be planted with the blooming of dandelions. Apple blossoms are the indicator for planting bush beans and when the blossoms fall, plant pole beans and cucumbers. When my lilacs are in full bloom, I know I can plant my annual flowers, as well as squash. Perennial plants can go in the ground when the maple trees begin leafing out. Beneath my maple tree, I have lily-of-the-valley. When they are in full bloom, I know it's time to move my tomato transplants to the garden. The blossoms of the bearded irises along the riverbed are indicators to transplant my peppers and eggplants. Then when the peonies bloom, I can plant all the heat-loving seeds, such as melons and corn.

These are only a few tips off of the laundry list of indicators that phenology can offer you. I encourage you to do some research, watch nature, and get more in tune with your own environment. I guarantee you will be happy with your gardening results. One of my favorite references is found through the *Old Farmer's Almanac* (OFA), they have an extensive list for every climate and even give suggestions for indoor seed starting based on phenology as well.

Read the Rest of the Article Online!

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Meditation continued...

GOM Day of Meditation with Jewel Heart Instructors • Saturday, April 25 • 9:00 a.m. to 5:00 p.m. • Meditation is an essential tool that helps develop peace, joy, concentration, and wisdom. The day includes practice sessions with light guidance. Instructors are available for assistance. Silence will be enjoyed throughout. Come when you can. FREE; donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Yoga and Meditation with Kapila Castoldi at Crazy Wisdom • Sunday, March 15, 22, & 29 • 2 to 4:00 p.m. • Meditation is part of a broader picture: Yoga. Developed by the ancient rishis (seers) thousands of years ago, the Yoga philosophy applies still to our modern life. The class will explore the sheaths of the body, vital, mind, and heart, and the concept and evolution of the soul along with concentration, relaxation, and breathing techniques. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Movement and Dance

Elemental Ecstatic Dance with Andrew Werderitsch & Hilary Nichols • Sunday, March 1, 8, 15, 22, & 29, April 5, 12, 19, & 26 • 11 a.m. to 1:00 p.m. • Elemental Ecstatic dance is a free form music and dance practice, no dance experience necessary. In the spirit of West Coast Ecstatic Dance, Five Rhythms, and Dance Church. Inspired by Funk, Disco, Ethnic, Drum 'N Bass, House, EDM, West Coast Bass, Classical, Americana, and all music that moves us. ADA supported. $20. For more information contact Andrew at (310) 926-0272 or email andjru@yahoo.com.

Music, Sound, and Voice

Cafe 704 with the Interfaith Center for Spiritual Growth • Ongoing Second Saturdays • 7 to 9:00 p.m. • Live music in a smoke-and-alcohol-free venue, in person or livestream on Zoom. January 10: Nutshell; February 14: Peter "Madcat" Ruth and John Churchville; March 14: Spirit Singing Band w/ Kath Weider; April. 14: Marlena Studer, Steve Ragsdale, & friends. $10 to $20 donation suggested. For more information visit interfaithspirit.org.

Singing for Comfort with Layla Ananda • Friday, March 13, & April 10 • 7 to 8:15 p.m. • We sing short, easy-to-learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually around a dozen people), or simply listen. No experience is necessary. FREE, donations welcome. For more information visit interfaithspirit.org.

Community Sing with Matt Watroba • Wednesday, March 11, & April 8 • 7 to 8:30 p.m. • You don't need to be a good singer—whatever that means. You just need to love singing. $5-10 suggested donation. For more information visit interfaithspirit.org.

Spirit Sing with Karen Chalmer • Friday, March 6, & April 3 • 6:30 to 8:00 p.m. • No expertise necessary. We will teach each other simple songs and chants that give voice to our spirits, whether high, low, or in between. Let that still small voice inside you rise singing. Weave your voice with others just for fun. Families welcome. Suggested donation of $5-10; no one turned away. For more information visit mfcenter.org.

Gift of Song at the Whittaker Library with The Threshold Choir of Ann Arbor • Saturday, April 18 • 3 to 4:30 p.m. • Experience loving song wherever you are in life's journey. As you sit or recline, the Threshold Singers share peaceful, soothing music to bring you comfort and support in meeting life's challenges. We then invite you to quietly sing along to a few of our songs. Please arrive before 3 p.m. to park and settle in. FREE, donations accepted. For more information contact the Threshold Choir at (734) 531-7960, email thresholdofaa@gmail.com, or visit thresholdchoirofannarbor.org.

Nutrition and Food Medicine

Nutritionar with Valarie Thomas • Wednesday, March 11, & 24, April 8 & 22 • 6:30 to 7:10 p.m. • During a Nutritionar(TM) presentation you will learn about a curated number of nutrients in each food that are scientifically found to give health and wellness support to your bodily operations. Nutritionar(TM) food subjects will change monthly. $20 per person, $15 each for a pair. For more information contact Valarie at ChE4theEarth@gmail.com.

Food Over Medicine Club with Barbara Bowman • Tuesday, March 10, & April 14 • 11:30 a.m. to 1:00 p.m. • Monthly meeting open to anyone interested in learning more about how to use whole food plant-based meals to improve your health. Bring your lunch and sample new recipes. FREE. For more information contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Resources for Conscious Living

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holistic mental health
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Ann Arbor & Ypsilanti, Michigan

The Crazy Wisdom Calendar

Pagan Spirituality

Witches Night Out with Moira Finkle at Crazy Wisdom • Wednesday, March 11, & April 8 • 6 to 8:00 p.m. • Join like-minded individuals on the second Wednesday of each month to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! We head downstairs to shop at 8 p.m. Come to share, listen, learn, and enjoy the gorgeous new space. Everyone is welcome! FREE. For more information contact Moira at mopayne@umich.edu.

Women's Goddess Gathering with Chandra Mitchel • Wednesday, March 18, April 15 • 6 to 8:30 p.m. • The women's goddess circle is a monthly meet up for Maven/Late Millennial/GenX+women. Everyone is welcome, but topics will center around these ages & stages. Join our Facebook group, @ CrazyWisdomGoddessCircle, for details on each month's topics, activities, and after discussion. For more information contact Chandra at chandra@crazywisdombookstore.com.

Parenting

Clearing the Way for the Power of Listening to Work its Magic: Online Workshop for Parents with Leanne Fu • Saturday, March 7 • 3 to 4:00 p.m. • It happens so often. Something you say causes a disconnection, and your child checks out. What becomes possible instead if you offer to be a "teddy bear"? Explore how Teddy Bear Talk provides structure for keeping the teddy bear's own concerns or agenda out of the picture and leaves plenty of room for the talker. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

Book *Discussion of How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish with Leanne Fu • Saturday, March 21 • 1:30 to 2:30 p.m. • One advantage of this classic is that it has a lot of comic strips in it that make it easy to quickly grasp the key ideas. Feel free to come discuss the book even if you've only read the comic strips. This book is about connection—replacing lectures and nagging with fostering willingness because children feel heard and respected. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

A Book Discussion of *No Bad Kids: Toddler Discipline Without Shame* by Janet Lansbury with Leanne Fu • Saturday, April 25 • 1:30 to 2:30 p.m. • Explore topics including viewing misbehavior as communication about unmet needs, sportscasting (the helpful, non-judgmental account adults are advised to give of their children's play-by-play), calm respectful limit-setting, and the importance of acknowledging, validating, and an "all feelings allowed" attitude. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

Peace

Peace Generator with Craig Harvey • Friday, March 20, & April 17 • 7 to 9:00 p.m. • Join our silent circle, in person and on Zoom, as we meditate on and pray for healing, miracles, and peace within ourselves and across the globe. Drop in at any time during this event. FREE, donations welcome. For more information contact Craig at peacegenerator2001@gmail.com.

Personal Growth

Mindful Self-Compassion with Lama Nancy Burks • Saturday, March 14, April 11 • Noon to 1:00 p.m. • This experiential workshop focuses on increasing our awareness of our own unhealthy patterns relating to ourselves. Research in recent years has shown that self-compassionate people tend to be happier and healthier, both mentally and physically. Through mindfulness exercises and supportive group discussion, we can develop healthy new habits. FREE, donations welcome. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Inner Alignment Rewiring Coaching with Barbara Bowman • Friday, April 10 & May 8 • 11:30 a.m. to 1:00 p.m. • A six-week program designed to help you calm your nervous system and get you off the endless treadmill of fatigue, stress, and worry. This multidisciplinary series incorporates sessions with movement, massage, meditation, and muscle testing. $388. Contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Growing in Radiance with Kathleen Duffy • Sunday, April 26th at 6:30 p.m. through Wednesday, April 29 at 3:30 p.m. • During this retreat we will read and pray with some of Teilhard's most beautiful mystical essays in which he shares with us the inner glow that throughout his life drew him more deeply into an encounter with the living presence of Christ incarnate in matter. Cost: Commuter $125: (includes lunch) | Double occupancy: $225 (includes all meals) Single occupancy: $325 (includes all meals). For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Prosperity and Abundance

Using Inner Wisdom with Ruth Wilson • Dates Ongoing • 1-2 Hours • Learn to use your genius and create something new that you love instead of trying to fix things. Learn to develop coherent energy, call on your natural superpowers, and choose experiences you prefer. Easy changes that make life more fun. FREE. For more information contact Ruth at (248) 990-1902 or visit ruthwilsonguide.com.

Fixing Law of Attraction Failure with Barbara Bowman • Friday, March 13 • 11:30 a.m. to 1:00 p.m. • Find out why the Law of Attraction doesn't work for you and how to fix it. Discover the essential beliefs needed to manifest your desire. Bring your lunch and enjoy learning. FREE. Contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Reiki

Usui System of Reiki Healing: First Degree with Suzy Wienckowski • Saturday, April 25 from 10:00 a.m. to 5:00 p.m. & Sunday, April 26 from 10:00 a.m. to 1:00 p.m. • Reiki is a hands-on healing practice that promotes balance of the body/mind/spirit allowing you to feel and function better. Reiki is an invaluable resource for self-care and for bringing healing touch to others. Class includes, Reiki history, spiritual precepts, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy at (734) 476-7958 or email SuzyReiki@aol.com.

Deep Spring Center
for Meditation and Spiritual Inquiry

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Livestream via Zoom
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Weekly Silent Meditation
Live Retreat–Sept. 13-18, 2026
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Deep Spring Center is a 501(c)(3) non-profit. See website for details.

Retreats

Day of Mindfulness with Emily Adama • Sunday, March 8, April 12 • 10:00 a.m. to 4:00 p.m. • Immersed in nature, we will be supported by time-honored practices, the presence of other practitioners, and themed readings exploring key mindfulness teachings. Most of the day will be in guided silence; however, the day will begin and end with optional sharing and reflection with the group. Suggested price is $80; 5 price options between $45-110. For more information contact Emily at hello@earthwellretreat.com or visit earthwellretreat.com.

Inner Peace Retreat with Song of the Morning Community • Friday, April 10 through Sunday, April 12 • Retreat into a peaceful forest setting for meditation, devotion, gentle Hatha Yoga, and quiet reflection. Guided practices and warm community help you recharge and reconnect with your true nature, inspired by Paramahansa Yogananda's timeless teachings. $108. Lodging fees vary by accommodation and include all meals. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Guru Bhakti Retreat: Honoring the Life of Paramahansa Yogananda with Naren K. Schreiner & Lopamudra Bose • Friday, March 6 through Sunday, March 8 • Deepen your devotion and be immersed in divine love. In honor of the mahasamadhi of Paramahansa Yogananda and Swami Sri Yukteswar, we will meditate, chant, hold devotional services, and read from their sacred teachings. Together as a circle of friends, we will drink from the eternal spring of love and wisdom they shared. $150. Lodging fees vary by accommodation and include all meals. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Day of Mindfulness Retreat with Temple Clergy • Saturday, March 7 • 9:00 a.m. to 5:00 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest–an interval of deepening, of slowing down, silence, and mindfulness. $60; includes a vegetarian lunch. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Daylong Meditation Retreat with Carol Blotter • Saturday, March 14 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Appropriate for all levels of meditators. $30-60 suggested donation. For more information contact Carol at cb.meditate@ChelseaMeditation.com or visit ChelseaMeditation.com.

ReVillaging for Women: a Day-Long Retreat with Miriam Dowd-Eller & Emily Adama • Sunday, March 22 • 9:30 a.m. to 5:00 p.m. • This retreat is for women of all ages and stages looking to fill their cup with self-connection, community-building, and deep rest. It is for those who long to feel witnessed and validated, find companionship and kinship, and process our lives using timeless ways of healing. Movement, community, singing, nature, and stillness. $70-150. For more information contact Emily at hello@earthwellretreat.com or visit earthwellretreat.com.

Mindfulness and Equanimity: A Path to Peace with Dawn Scott • Friday, March 27 through Sunday, March 29 • Through the practices of mindfulness and equanimity the heart discovers a capacity for steadiness and love, which allow us to stay open to the challenges of our times without being broken by them. During this silent retreat we call on mindfulness to support the cultivation of equanimity through meditation practices and dharma talks. Donation-based retreat; organization cost to host event is $340. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Holy Week Retreat with Father John Kasper • Sunday March 29 through Thursday April 2 • Journey through the sacred days of Holy Week and experience the passion and death of Jesus. Commuter (includes lunch): $125; double occupancy (includes all meals): $225; single occupancy (includes all meals): $325 Registration required. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Four-day Spring Retreat: Yongmaeng Jeongjin: with Temple Clergy • Wednesday, April 8 through Sunday, April 12 • This retreat is an intensive period of Zen practice geared toward the experienced student. Cost is $60/day, $50/day for members. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Salons at Crazy Wisdom

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Mary Anne Perrone, Spiritual Director and Social Justice Activist, in Conversation with Moderator Bill Zirinsky of Crazy Wisdom • Wednesday, March 25 at 7pm • What's on your mind these days, Mary Anne Perrone, what's in your heart, what have you relished, what's been really hard, what matters? Mary Anne Perrone works with individuals exploring their spiritual paths. She is also active in social justice organizations helping immigrants and refugees. She will talk about her own life and spiritual path. Free. For more information, contact Bill at: billz@crazywisdom.net.

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Wasentha Young, Tai Chi Master and Founder/Director of the Peaceful Dragon School of Tai Chi, in Conversation with Bill Zirinsky of Crazy Wisdom • Wednesday, April 15 at 7pm • What's on your mind these days, Wasentha Young, what's in your heart, what have you relished, what's been really hard, what matters? Wasentha Young will talk about her life's journey and life's work, and the wisdom she's derived over 50 years of practicing and 35 years of teaching Tai Chi. Free. For more info, contact Bill at: billz@crazywisdom.net.

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Haju Sunim, Resident Priest of the Zen Buddhist Temple of Ann Arbor, in Conversation with Bill Zirinsky of Crazy Wisdom • Wednesday, date TBA at 7pm • What's on your mind, Haju Sunim, what's in your heart, what have you relished, what's been really hard, what matters? Haju Sunim will talk about the evolution of the Zen Temple over the last 40+ years, and her own life's journey. Free. For more info, contact Bill at: billz@crazywisdom.net.

Resources for Conscious Living

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THE DIAMOND APPROACH

The Crazy Wisdom Calendar

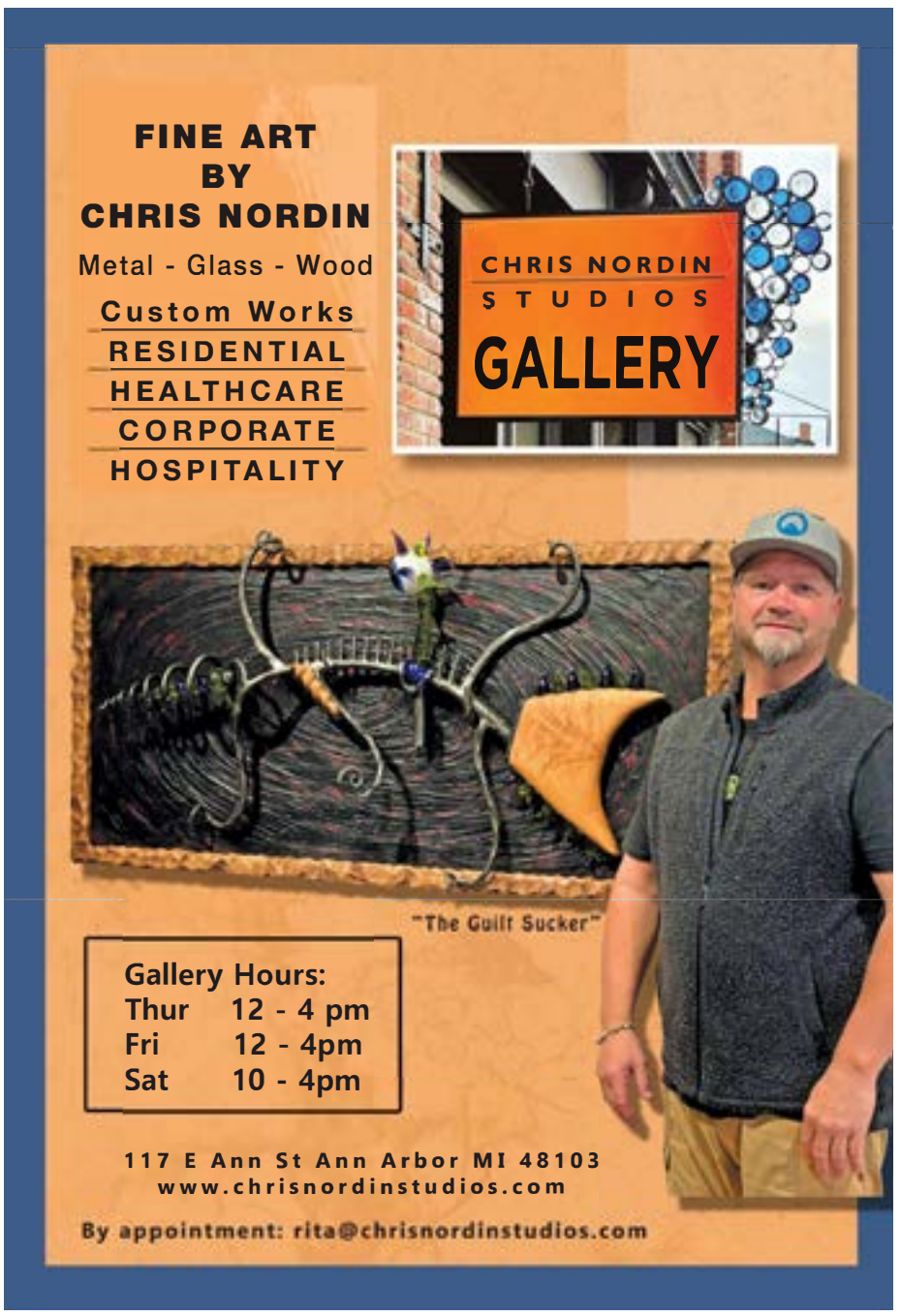
Shamanism

Shamanic Sound Journey: Cacao with Mary Ledvina • Sunday, March 8, & April 12 • 2 to 4:00 p.m. • Experience the healing, guidance, and interconnection of this shamanic journey, after drinking cacao, which enhances the spiritual connection. Arrive 15 minutes early. Doors will be locked at 2:15 pm. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Shamanic Journeying Circle with Judy Liu Ramsey • Thursday, March 5 & 19, April 2 & 16 • 7 to 8:30 p.m. • Explore your inner world, do your inner work in a community of practitioners who will welcome and support your process. Required: shamanic journeying skill. Class is online via Zoom. First journey circle is free. $25 per session or $40 per month. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Medicine for the Earth: Healing with Spiritual Light with Judy Liu Ramsey • Wednesday, March 4, 11, 18, & 25, April 1 & 8 • 7 to 9:00 p.m. • 6-week session. Explore the depth of your own inner light and connection with all relations. Transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. Learn how to heal yourself, your community and your environment. Suggested reading: *Medicine for the Earth* by Sandra Ingerman. Class is online via Zoom. $440/$220 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Shamanic Gardening with Judy Liu Ramsey • Saturday, April 11 • 9:00 a.m. to 4:00 p.m. • From vision to harvest, take steps to manifest your life dreams and goals through shamanic gardening. Learn how to work with blocks and challenges so that everything contributes to your growth and synchronizes with your own pace and flow. The class is taught via Zoom. $160/$80 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.



Introduction to Journeying with Connie Lee Eiland • Sunday, April 12 • 10:00 a.m. to 5:00 p.m. • 6 hr. class includes power animal retrieval and journeys to upper, lower, and middle worlds. Journeying is done with drums and rattles. $100 until March 28, then $125. For more information contact Connie at (248) 809-3230, email clshebear7@gmail.com, or visit shamanicteachers.com.

Ancestors: The Power Within with Judy Liu Ramsey • Saturday, April 25 & Sunday, April 26, • 9:00 a.m. to 4:00 p.m. • Ancestors can be powerful allies in your practice and healing our ancestral lines can help us heal ourselves and our families. Deepen your connection with the grandmothers and grandfathers in ceremony, in initiation, and in the shamanic journey. Prerequisite: basic journeying skills. The class will be taught online via Zoom. $220/$110 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Spiritual Development

Sufi Gathering • Ongoing Tuesdays • 7 to 8:00 p.m. • An evening of discussion and Sufi chanting on Zoom. For more information visit interfaithspirit.org.

Humans: Divine Co-creators in the Cosmos with Barbara Brodsky, Aaron, Colette Simone, & Yeshua • Saturday, March 7, & April 18 • 11:00 a.m. to 3:00 p.m. • An introduction to deepening our understanding of the vastness of the multidimensional cosmos and how we can begin to bring the gifts of the human to this inter-cosmos collective. Expanding on this foundation, exploring co-creation, and the role humans are gifted and challenged to play on expanding positive polarity in the multiverse. Suggested donation: all workshops: $90-$330; single: $30-$110. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday, March 21 & Sunday, March 22 OR Saturday, March 28 & Sunday, March 29 • 9:30 a.m. to 4:30 p.m. • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No prerequisites. $295. For more information contact Steven at (517) 295-3477, email steven@spiritualtao.com, or visit spiritualtaoworkshops.com.

Stress Management

Get to Bed Challenge with Debra Hopper • Sunday, April 26 • 8 to 8:45 p.m. • Ready to stop scrolling and start sleeping? Join Certified Embodiment Coach Debra Hopper for a 17-day sleep reset combining three live "wind-down" evenings with a guided 14-day follow-through. Daily reflections, gentle accountability, and practical tools help you unwind, restore rhythm, and finally get the rest you've been craving. From $77. For more information email Debra at hello@debrahopperonline.com.

Tai Chi, Martial Arts, and Self Defense

Learn Shinobi Ninjitsu with Grand Master Farooq Azizuddin • Ongoing Saturdays & Sundays • Noon to 2:00 p.m. • You have the right to defend yourself from looters, criminals, personal attacks, lack of water, blackout, etc. $40 per month. For more information contact Farooq at (313) 215-0294 or visit nakanomartialarts.com.

Qigong class with Samatha Cyrus Scholl • Ongoing Mondays • 6:30 to 8:00 p.m. • The class teaches you to use gentle movements, stretching, and mindful breathing to bring your body, mind, and spirit deeper into harmony. $12 per drop-in session. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Chen Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays, & Saturdays • 4 to 5:00 p.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stance training, coiling exercises, and Chen forms. FREE. For more information contact Joe Walters at annarbortaichi@gmail.com or visit annarbortaichi.com.

Theater

The JonBenét Game by Tori Keenan-Zelt with Theatre NOVA • Weekends from Friday, March 27 to Sunday, April 22 • Friday from 8 to 9:30 p.m., Saturdays from 3 to 4:30 p.m. OR 8 to 9:30 p.m., & Sundays from 2 to 3:30 p.m. Rae returns to her hometown as a school counselor after the death of her childhood best friend, Molly. When Molly's 12-year-old daughter, Hazel, comes to her, the two slip back into the secret JonBenét Ramsey game Rae and Molly once played—stirring buried grief and blurring the line between past and present. $30 general, $25 for 65 and over, $15 for students with ID. For more information contact Theatre NOVA at 734-635-8450, email a2theatrenova@gmail.com, or visit TheatreNOVA.org.

Work and Right Livelihood

Free Focus Café with Debra Hopper • Thursday, March 5, 12, 19, & 26, April 2, 9, 16, 23, & 30 • 10 to 11:00 a.m. • Need help getting things done? Drop in for this weekly virtual co-working hour combining body-doubling and mindful focus. Certified Embodiment Coach Debra Hopper hosts the Free Focus Café every Thursday morning — a steady rhythm of shared presence and gentle structure to help you finish what matters with less stress and more flow. FREE. For more information contact Debra at hello@debrahopperonline.com.

Writing and Poetry

Write & Heal with your Favorite Childhood Book: 4-Week Series with Julie Mariouw • Wednesday, April 8, 15, 22, & 29 • 4 to 6:00 p.m. • All levels of experience are welcome. Writers read their favorite childhood books, then write to prompts: i.e. write with a character, become a character, etc. Invitation to share aloud and receive positive feedback. Join us to create healthy community through shared imagination. $180 for 4-week series. For more information contact Julie at (734) 730-6175, email julie@wellspringwritingworkshops.com, or visit wellspringwritingworkshops.com.

Crazy Wisdom Poetry Circle Poetry Workshop with David Jobson, Ed Morin, & Lissa Perrin • Wednesday, March 11 & April 8 • 7 to 9:00 p.m. • On the second Wednesday of the month, we hold an informal poetry workshop. You are encouraged to present a poem you are working on for positive and constructive comments by your peers. Workshops are held online via Zoom. FREE. For more information email cwpoetrycircle@gmail.com visit cwcircle.poetry.blog.

Joy in Embodied Journaling with Debra Hopper • Sunday, March 15, & April 19 • 1 to 2:30 p.m. • Give your writing a heartbeat. In this 90-minute online workshop, Certified Embodiment Coach Debra Hopper blends mindfulness and movement to help you write from your body, not just your head. Offered monthly, these sessions build a gentle rhythm of reflection and creative flow—no perfection required. $20. For more information contact Debra at hello@debrahopperonline.com.

Hybrid Writing Workshops with Tarianne DeYonker • Saturday, April 11 • 1 to 4:00 p.m. • In this creative writing workshop we'll look at options that encourage us to show up and write more regularly. Do you know what that would take for you? Creating accountability links, joining (or creating) a writing community, and other options. Beginning and experienced writers are welcome. $35, registration required. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Yoga

Yoga at Zion Well • See Website for Schedule • Zion Well offers a variety of classes, including gentle, restorative, Yin, and meditative yoga. For those looking for more, they also offer retreats, private sessions, and teacher training courses—the next beginning in February. For more information visit zionwell.com.

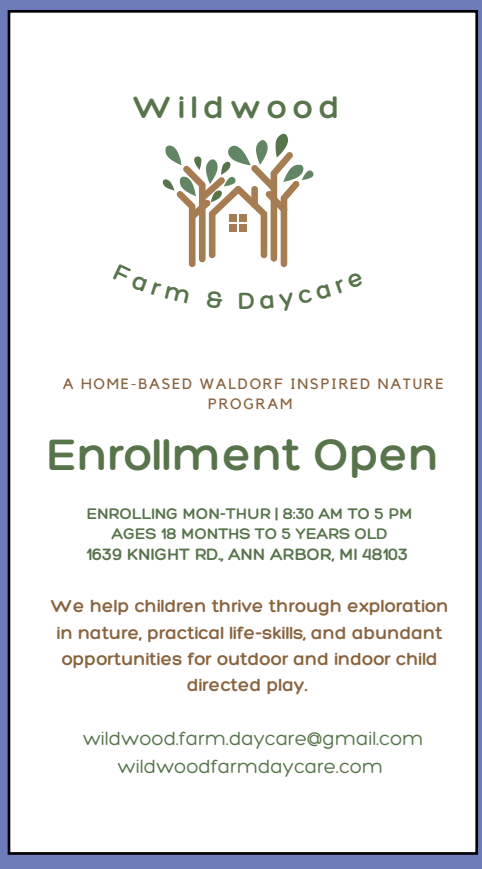
The Prana Yoga Studio • See Website for Schedule • The studio offers traditional Bikram (hot) yoga as well as Yin Yoga. For more information visit thepranayogastudio.com

The Yoga Focus Collective • See Website for Schedule • This studio offers a wide variety of classes, ranging from supported beginners, levels 1-4, Pranayama, and pre/postnatal classes. Individual drop-in class: $25; 6-week session: $132; 6-week Pranayama: $90; Pranayama drop-in class: $18; Pre/Postnatal Packages: 5 for $110, 10 for $200. For more information visit yogafocuscollective.com.

Imagine Fitness & Yoga • See Website for Schedule • The studio provides comprehensive classes in cardio, strength, tai-chi, Pilates, Vinyasa, Ashtanga, Yin, and Hatha yoga. Private training is also available. For more information visit imaginefitnessandyoga.com.

Open Level Yoga with Michele Bond • Ongoing Sundays from 4 to 5:30 p.m., Tuesdays from 6 to 7:30 p.m., & Saturdays from 10 to 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Classes are designed to optimally benefit each student, with myofascial release

Resources for Conscious Living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The Crazy Wisdom Calendar

techniques incorporated as needed. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, mobility, balance, and mental focus with this fun and energetic practice. Classes are designed to optimally benefit each student, with myofascial release techniques incorporated as needed. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Hatha Yoga with Samantha Lieberman • Ongoing Thursdays • 9:15 to 10:15 a.m. • Grounded, breath-led movement that builds strength, balance, and calm from the inside out. Drop-in $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Yoga Stretch with Samantha Lieberman • Ongoing Fridays • 9:15 to 10:15 a.m. • A full-body reset with intentional stretching to release tension and move with more freedom. Drop-in $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Golden Lotus Hatha Yoga with Golden Lotus Yoga Teachers Association • Ongoing Saturdays • 2 to 3:30 p.m. • Golden Lotus Yoga, created by Paramahansa Yogananda's disciple Yogacharya J. Oliver Black, offers slow-paced, gentle, meditative classes for every level. Each class weaves in brief meditations and spiritual guidance, helping you experience peace, clarity, and a renewed sense of inner well-being. Please call to confirm times and dates as they occasionally change. Donation-based. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org

Yoga for Healers: Trauma Informed Somatic Yoga with Leslie Pertz • Sunday, March 1, 8, 15, 22, & 29, April 5, 12, & 26 • 10 to 11:00 a.m. • Gentle yoga for anyone who is a healer—a person who works in the world of mental/healthcare. Come rest your weary heart. Pay what you can. For more information contact Leslie at (734) 926-8590, email peachtreeyogami@gmail.com, or visit peachtreewellnessmi.com.

The deadline for calendar listings for the Spring/Summer issue of The Crazy Wisdom Journal is Wednesday, March 18th.

Submit your **free Event Listing** now!

Voices of this Region's Conscious Living Community Videocast Interviews on crazywisdomjournal.com

View complete interviews from Crazy Wisdom's Salon Series —
The Sages of Ann Arbor — as well as other interesting and informative interviews with community leaders.

Interviews newly posted are with Dr. Dennis Chernin, Lisa Gottlieb, Dr. Jay Sandweiss, and Demo Rinpoche. These public "conversations" in the Crazy Wisdom Lounge are moderated by Bill Zirinsky, longtime Editorial Director of the *Crazy Wisdom Community Journal.*
Check back as new interviews will be posted periodically!

Demo Rinpoche, a Tibetan Buddhist monk and incarnate lama, leads Jewel Heart, the Ann Arbor-based Tibetan Buddhist Center, recognized nationally and internationally as a center of Buddhist teaching. Demo Rinpoche has spent most of his life studying in monasteries in India with thousands of other monks, and under the Dalai Lama's direct supervision.

One of the wise men of integrative medicine in this region, Dr. Dennis Chernin (and Dr. Lev Linkner) founded the Parkway Center, the original and pre-eminent clinic for practitioners of complementary, holistic, and integrative medicine in Ann Arbor. Dr. Chernin now offers Homeopathic, Holistic and Preventive Medicine Consulting.

One of Ann Arbor's modern-era renaissance women, Lisa Gottlieb has been a leader in the community for decades. In recent years she's been deeply involved in Nonviolent Communication, as a certified trainer, and as the Founder and Director of Compassionate Communication of Ann Arbor.

Physician and skilled raconteur, Dr. Jay Sandweiss is one of the best-known and most respected integrative physicians in the region. Dr. Sandweiss is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine, and board certified in medical acupuncture by the American Board of Medical Acupuncture.

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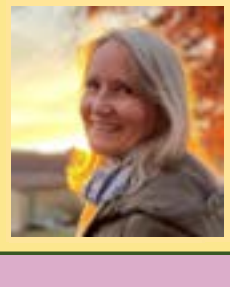

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